



Team alphabet

Players move randomly around the floor until a letter of the alphabet is called they then must form groups in the shape of the letter. Play with 8–30.

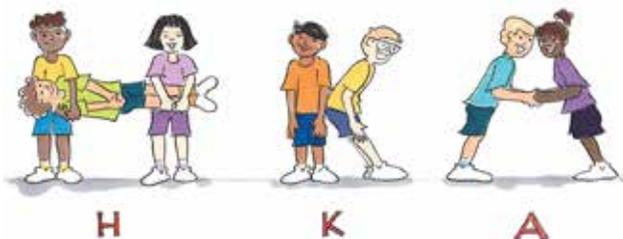
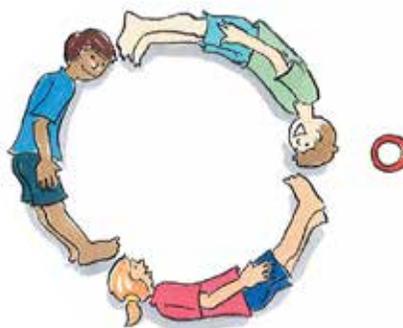
What to do

- > Players move randomly around the room using a locomotion skill that you call out (e.g. skipping, hopping, jumping).
- > Call out a number and a letter and players must form a group of this number and then, using various balancing techniques, form the shape of that letter.
- > Call out 'TEAM ALPHABET!'; players resume moving around until you call the next number and letter.
- > Letters that are easier to form are:
A, C, D, E, F, H, I, K, L, N, T, U, V, Y, Z



Change it

- > Suggest players form letters while lying on the floor.
- > Call out numbers or shapes instead of letters.
- > Vary the length of time positions are held for.



- > Letters that are harder to form are:
B, G, J, M, O, P, Q, R, S, W, X

Safety

- > If players are elevated when forming letters, make sure the group lowers them down safely to avoid injury and that the activity is performed on a mat.
- > Match players appropriately, especially if any weight-bearing action is likely.

Ask the players

- > What letters are easiest to form?
- > How can your group best work together to form the letter?
- > What is the safest way to exit a letter when players in your group are up high?

LEARNING INTENTION

Team alphabet extends players' ability to hold a basic shape and introduces making and holding shapes in groups, which is needed for many balancing activities. It can be followed by an activity such as *Mini pyramids* which further develop this skill.

PHYSICAL LITERACY ELEMENTS

MUSCULAR ENDURANCE
STABILITY/BALANCE

FLEXIBILITY

COLLABORATION

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43

ACPMPO61